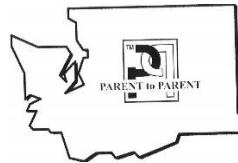


Island County Disability Resource Guide



Resources, information and support for families in Island County, Statewide and throughout the region



They say “*It Takes A Village*”, but in Island County,

“*It Takes Two Islands*”

Navigating various complex systems can be overwhelming at times. Another saying is “**You Don’t Know, What You Don’t Know**”. This guide can help you and your family on your journey.

We provide a comprehensive list of resources for families with special needs/disabilities in Island County. Information on resources, opportunities & support in our community.

This Guide offers you choices, access, diversity, promote inclusion and supports available. If you have questions, please contact Tiffany Wheeler-Thompson with Island County Parent to Parent Program. (360)632-7539 call/text. If you know of a new resource that should be added or if a resource needs to be updated, please let us know. We want to keep this Resource Guide up to date with integrity and heart.

For an online/printable version of this guide, visit our website at

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

Community Information Line: CALL 211 Information regarding resources & services: including rental assistance, counseling, food, clothing, volunteering, transportation, emergency shelter and more.

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Understanding the Bigger Picture

Federal Assistance

SSI— Supplemental Security Income

*Basic Living Allowance *Linked to Medicaid *Implemented by State Community Service Office (CSO) (800)772-1213

SSA—Social Security Administration

*US Citizen *Medically Disabled *Apply at age 18 or younger based on income www.ssa.gov (800)772-1213

SSDI/DAC—Soc. Security Disability Insurance

*Paid into system through employment *Or based on parents *Medicare (800)772-1213

State Assistance

Department of Social and Health Services (DSHS)

DDA - Developmental Disabilities Administration

Can Apply at any age for: *Early Intervention Services (Birth-3) *Case Management *DD Endowment Special Needs Trust *Employment Support (as available) *Supported Living Program *Adult Family Home Referral *Personal Care Services (if eligible) Island County Region 2 (360)544-6543 www.dshs.wa.gov/ddd

HCS - Home & Community Services

Services seniors and adults with disabilities who do not qualify for DDA *COPES (Physical Needs) *MPC (Personal Care) Island County (866)608-0836 <https://www.dshs.wa.gov/dda/consumers-and-families/home-and-community-based-waivers-hcbs>

CSO - Community Service Office

*Medicaid *Childcare *Food Stamps *Financial *Employment/Training Island County (877)501-2233 www.dshs.wa.gov

Long Term Services & Info (360)676-6749

*Long Term Care Housing *In-Home Care for Adults *Caregiver Resources *Northwest Regional Council

DVR - Division of Vocational Rehabilitation

Begins working with students in their final year of school preparation for employment (800)637-5627 www.dshs.wa.gov/ddd

DSB Department of Services for the Blind

Services to support home, school, mobility & employment. (800)552-7103 www.dsb.wa.gov

Local Assistance Island County Developmental Disabilities

Contracts with Community Providers Include: Early Intervention Services (Birth—Three) * Employment Providers (Job Development/Coaching) DD Coordinator Mike Etzell (360)678-7883

Federal Assistance

Supplemental Security Income (SSI)

It is designed to help aged, blind, and disabled people, who have little or no income; and it provides cash to meet basic needs for food, clothing, & shelter. Just a side note, phone wait times can be quite long. Try not to call at the beginning of the month.

<https://www.ssa.gov/ssi/> (800)772-1213

Supplemental Security Income (SSI), a program administered by the Social Security Administration (SSA), pays benefits to disabled adults and children who have limited income and resources. A child younger than age 18 can qualify if his or her family's income and resources fall within the eligibility limits and he or she meets SSA's definition of disability for children. For some conditions, if the child is eligible based on the family's income and resources, SSI payments are granted right away, while the agency decides whether he/she meets the disability definition. If the agency decides that the child's disability is not severe enough for SSI, the family will not have to pay back the SSI payments that the child received.

SSA: Eligibility Determination Services Office Locations

Mount Vernon Office serves North Whidbey Island

Everett Office serves South Whidbey Island and Camano Island

710 E College Way, Mt. Vernon 98275

3809 Broadway, Everett 98201

Social Security Disability Insurance (SSDI) (800)772-1213

Social Security program that pays monthly **benefits** to you if you become disabled before you reach retirement age and aren't able to work. Some people know it as "workers **disability**."

<https://www.ssa.gov/planners/disability/index.html>

WA State Assistance

Department of Social Health Services (DSHS)

<https://www.dshs.wa.gov/> (877)501-2233

Island County Community Service Office (877)501-2233 275 SE Pioneer Way #201, Oak Harbor, WA 98277

Each administration within DSHS has a refined focus on this mission. Individually we have the following missions:

- 1) Aging and Long-term Support Administration – to transform lives by promoting choice, independence and safety through innovative services.
- 2) Behavioral Health Administration – to transform lives by supporting sustainable recovery, independence and wellness.
- 3) Developmental Disabilities Administration – to transform lives by creating partnerships that empower people.
- 4) Economic Services Administration – to transform lives by empowering individuals and families to thrive.
- 5) Rehabilitation Administration –to transform lives by creating pathways for self-sufficiency through meaningful partnerships, employment, new opportunities and effective rehabilitation.
- 6) Financial Services Administration – to transform lives by promoting sound management of Department resources.
- 7) Services and Enterprise Support Administration – to transform lives by helping those who serve succeed.

Developmental Disability Administration (DDA)

(Formally DDD) A division of DSHS. Assists individuals with developmental disabilities and their families to obtain services and supports based on individual preference, capabilities and needs. Services are based on DDA guidelines and available funding.

Island County - Region 2 Oak Harbor Outstation, 275 SE Pioneer Way, Suite 203 (360)544-6543

DSHS Statewide Disability Support www.dshs.wa.gov/disability-support www.dshs.wa.gov/dda (800)491-5266

State/Island County Region 2:

Eligibility and Intake: (425)977-6520

General Questions for Region 2 (360)544-6539

The Island County Developmental Disabilities program coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have developmental disabilities. We work actively with families, schools, the business community, as well as local, state, and federal governments to facilitate full contribution for all citizens who experience developmental disabilities.

Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn.

To contact the coordinator for Island County Developmental Disabilities please call or e-mail

Mike Etzell at (360) 678-7883 or MikeEt@islandcountywa.gov

School Districts and Child Find

Each Island County School District provides evaluation and services for children beginning at age three. If a delay is suspected in any of the five areas (cognition, communication, fine motor, gross motor and/or social emotional) the school district will provide an interdisciplinary evaluation. Eligible children will be provided a program with an Individualized Education Plan (IEP).

Special Education Department

Oak Harbor School District (360)279-5073

Coupeville School District (360)678-2420

South Whidbey School District (360)221-6808 xt 2206

Stanwood/Camano Island School District (360)629-1236

South Whidbey School District Resource: Readiness to Learn Foundation

(360)221-6198 xt 4602 Langley

Early Intervention

Early intervention is a system of services that helps babies and toddlers with developmental delays or disabilities. Early Intervention provides a free screening to all families that suspect a delay or disability. No referral needed.

Department of Children, Youth and Families

Information and resources for children's first and most important teachers— parents—as well as others who care for and teach young children. Early Support for Infants and Toddlers (ESIT) - Ages birth -3 years Provides services to children birth to 3 who have disabilities and/or developmental delays. Eligible infants and toddlers and their families are entitled to individualized, quality early intervention services in accordance with the federal Disabilities Education Act (IDEA), Part C.

Toddler Learning Center: Ages Birth to Three Whidbey Island (360)679-1039

Sherwood Community Services: Ages Birth to Three Camano Island (425)334-4071

Within Reach / Parent Help 123 - Help Me Grow, ParentHelp123 www.parenthelp123.org (800) 322-2588

Within Reach provides free developmental screening, connections to early learning and family support services, referrals to early intervention for developmental delays, and family support in English and Spanish to families across Washington.

Special Education Law (IDEA)

US Department of Education: Building the Legacy: IDEA 2004. Ages 0-21 years <http://idea.ed.gov/>

The Individuals with Disabilities Education Act (IDEA) is a law ensuring services to children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities. Infants & toddlers with disabilities (birth-2) and their families receive early intervention services under IDEA Part C. Children and youth (ages 3-21) receive special education and related services under IDEA Part B.

US Department of Education: Office of Special Education Programs (800)872-5327

The Office of Special Education Programs (OSEP) is dedicated to improving results for infants, toddlers, children and youth with disabilities ages birth through 21 by providing leadership and financial support to assist states and local districts.

The Individuals with Disabilities Education Act of 2004 (IDEA) authorizes formula grants to states and discretionary grants to institutions of higher education and other non-profit organizations to support research, demonstrations, technical assistance and dissemination, technology and personnel development and parent-training and information centers.

Office of Superintendent of Public Instruction– Special Education (360)725-6075

<https://www.k12.wa.us/student-success/special-education>

Special Education serves approximately 143,000 eligible students in Washington State. We are here to fulfill the requirements of the federal Individuals with Disabilities Education Act (IDEA), which ensures that all children with disabilities have access to a free and appropriate public education.

Special Education Advocacy

Washington State Governor's Office of the Education Ombudsman <http://oeo.wa.gov/> (866) 297-2597

OEInfo@gov.wa.gov The role of the Office of the Education Ombudsman is to:

- Listen to concerns and perspectives
- Advocate for consumer access to fair processes
- Ensure focus is on positive student outcomes
- Resolve complaints through alternative dispute resolution techniques
- Collect data, identify trends, and report recommendations to policy makers and elected officials to improve educational access and outcomes for students

Special Education Ombudsman (360)725-6075 <http://www.k12.wa.us/SpecialEd/Families/Assistance.aspx>

Washington PAVE – Partnership for Action. Voices for Empowerment <http://wapave.org/> (800)5-PARENT

PAVE is a parent directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. Since 1979, PAVE has provided information, training and support for over 1,000,000 individuals with disabilities, parents and professionals email pave@wapave.org

Washington Autism Alliance and Advocacy

<http://www.washingtonautismadvocacy.org/updates/> (425)894-7231

WAAA provides access to a supportive network of families of children on the spectrum who help find providers and school services, as well as personal support. A free online Resource Directory includes statewide Autism services of all types with personal recommendations from member families. .

Wright's Law <http://www.wrightslaw.com> webmaster@wrightslaw.com

Information about special education law, education law and advocacy for children with disabilities.

Yellow Pages for Kids with Disabilities <https://www.yellowpagesforkids.com/>

Post Secondary

Goodwill Industries Training Center

(360) 848-6468 Mt. Vernon

Provides quality, effective employment training and basic education to individuals experiencing barriers to economic opportunity.

Skagit Valley College

(360)416-7623

Campuses in Island and Skagit Counties. Offers 2 year Associate Degree, professional certificates, basic education and continuing education. They offer the INVEST program. INVEST Fast Track Employability Certificate: The INVEST program is designed to address the unique academic and employment needs of post-secondary students with intellectual disabilities. INVEST students may earn a 1 or 2 year local employability certificate. INVEST courses focus on academic enrichment, inclusive socialization and recreation, assistive technology, self-advocacy, independent living skill development, career exploration and integrated work experiences. Contact the Director of Disability Services for more information. "Individualized Next Step Vocational Education and Social Skills Training" (INVEST)

Employment Assistance

Division of Vocational Rehabilitation (DVR)

360-240-4732 OH

(800)637-5627

Helps individuals with disabilities participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities.

Service Alternatives

(800)292-6697

Community & Employment Services (CES), a division of Service Alternatives, Inc., provides a multitude of services designed to support people finding and keeping meaningful employment in their communities.

Washington Vocational Services (WVS)

(360)419-0910—Burlington (425)774-3338—Everett

Provides employment services to persons with a variety of disabilities while specializing in services to person who are deaf or hard of hearing and person with disabilities who desire customized employment services.

Sherwood Community Services

(425)334-4071

Sherwood never stops believing in the abilities and potential of people.

Pathways to Employment www.pathways.dshs.wa.gov

Helps people with a disability make informed decisions about going to work.

WorkSource Whidbey

(360)675-5966

Provides employment and training services to the public through partnership of government, non-profit and community service organizations. Dedicated to meeting the needs of our local business by building a skilled workforce and contributing to our region's economic growth.

Health Insurance Access

***Helpful Insurance Worksheet at the end of the guide**

Washington Health Plan Finder

https://www.wahealthplanfinder.org/_content/Homepage.html

1-855-923-4633; TTY 1-855-627-9604

WAHealthPlanFinder.org is the official insurance exchange for Washington State use this site to apply for Apple Health for Kids, Medicaid, and Affordable Care Act (ACA) health plans.

Health Care Authority/Apple Health/Medicaid

<http://www.hca.wa.gov/>

(800)562-3022

Managed Care Health Plans offered by Apple Health

Amerigroup **(800)600-4441**

Community Health Plan of WA **(800)440-1561**

Coordinated Care Corp **(877)644-4613**

Molina Healthcare of WA **(800) 869-7165,**

United Healthcare Community Plan **(877)542-8997**

*Many Apple Health recipients may qualify for a free cell phone with minutes/data. Call your Apple Health provider for more details.

ParentHelp123/ Within Reach

<https://www.parenthelp123.org/>

(800) 322-2588

ParentHelp123.org is operated by the statewide non-profit Within Reach, and helps Washington State families. Use their Benefit Finder to apply for health insurance, food assistance programs and more.

Opportunity Council

(360) 679-6577 (800) 317-5427

1791 NE 1st Ave. Oak Harbor, 98277 The Opportunity Council serves homeless and low-income families and individuals. Our goal is to help people learn to become self-sufficient. Connects people with community resources to help meet basic needs such as health insurance, food and housing.

State Health Insurance Benefits Advisors (SHIBA)

(800)562-6900

The program is sponsored by the state Office of the Insurance Commissioner to promote understanding about Medicare, Medicare Supplement Insurance, Long-term care insurance, consumer protection, and general health insurance topics. Consultations are free.

Washington State Insurance Commissioner

(800)562-6900

Tricare Military Medical Insurance

(844)866-9378

Area Hospitals

Whidbey Health (360)678-5151 101 N Main Street, Coupeville

Island Hospital (360)299-1300 1211 24th Street, Anacortes

Providence Regional Medical Center Everett:

Colby Campus (425)261-2000 1700 13th Street, Everett Pacific Campus (425) 261-2000 916 Pacific Avenue, Everett

Skagit Valley Hospital (360)424-4111 300 Hospital Parkway, Mt Vernon

Seattle Children's Hospital (206)987-2000 <http://www.seattlechildrens.org/> 4800 Sand Point Way NE, Seattle, WA

University of Washington Medical Center (206)520-5000 <https://www.uwmedicine.org/>

Health Department

Children and Youth with Special Health Care Needs (CYSHCN):

Whidbey Island (360)678-7940 Camano (360)629-4522 xt7940

Island County Public Health (360)678-5111, Coupeville

Financial Assistance with Medical Care

Safe Harbor Free Clinic

Stanwood (425)870-7384

Free health care and referral service for those underinsured.

North Whidbey Medical Help (formally Medical Safety Net of North Whidbey) (360)675-0681

Zip Codes 98277 & 98278 only

Small Miracles Medical Support Fund

Coupeville

(360)672-5651

Friends of Friends Medical Support Fund

S. Whidbey

(360)221-4535

Kids Health <http://kidshealth.org/>

Kids Health provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.

Center of Excellence Providers

Certified Autism Diagnostic Clinics

Pediatric Associates of Whidbey Island

<https://www.pediatricsofwhidbey.com/>

North (360)675-5555 275 SE Cabot #B102, Oak Harbor

South (360)331-1314 or (360)678-6848 1690 Layton Rd, Freeland

Connections Psychology (206)718-0906

<http://www.connectionspsychology.com/>

Seattle Children's Autism Center (206)987-8080

<https://www.seattlechildrens.org/clinics/autism-center/>

University of Washington Autism Center (877)408-UWAK

<https://depts.washington.edu/uwautism/>

ABA Therapy

Applied Behavioral Analysis (ABA) Therapy Program

Health Care Authority www.hca.wa.gov/medicaid/abatherapy/Pages/index.aspx 360-725-1681

email: ABA@hca.wa.gov The Health Care Authority has an Applied Behavior Analysis (ABA) therapy benefit for Apple Health Kids clients with a diagnosis in the Autism Spectrum Disorder classification. Contact the Health Care Authority to start or learn about the coverage process.

Blue Water Behavior Consulting www.bluewateraba.com (360)333-5684

Serves Coupeville to Anacortes. Accepts most insurance.

Aptitude Habilitation Services www.aptitudeservcies.com (360)279-2000

Serves Coupeville to Oak Harbor.

Leaps and Beyond, Inc. www.leapsandbeyond.com (866)240-0808

Serves Whidbey Island.

Organization for Research and Learning www.o4rl.com

Serves South Whidbey

Positive Behavior Supports (360)434-1424

Maxim ABA (425)245-9940

Autism Learning Solutions (Tricare Only) (541)517-0095

South Whidbey Speech and Language Therapy (206)409-6639

**As of January 2021, there are waitlists for some ABA services, depending on insurance. Medicaid providers are limited. Leaps and Bounds Intensive Day Treatment for pre-school and Positive Behavior Supports for Medicaid families. Call ASAP to all providers to put your name on all waitlists, have insurance info ready. To be put on the waitlist for Blue Water, you must add your name to their website. They will not add you if you call, website additions only.

Therapies (OT, PT,SLP)

Occupational Therapy (OT), Physical Therapy (PT), Speech Therapy (SLP)

Whidbey Health offers OT, PT & SLP (360)678-7619 (360)321-7656xt2250 (360)679-1415

Island Hospital offers OT, PT & SLP (360)299-1328 Anacortes

Family Care Physical Therapy PT Whidbey Island.

Oak Harbor (360)279-1445 Freeland (360)331-7250 Clinton (360)341-1299

IRG Physical Therapy PT (360)914-5504 Oak Harbor

Harada Physical Therapy & Rehab Services PT (360)679-8600 (360)682-2770

Rue & Primavera OT & PT (360)279-8323 Oak Harbor

Coupeville Physical Therapy OT (360)678-1200 Coupeville

Island Speech (206)409-6639 South Whidbey

South Whidbey Speech and Language (206)409-6639

Speech Bubbles SLP Oak Harbor- Log Cabin Building (360)279-8220

South Whidbey Physical Therapy (360)341-1299 southwhidbeypt.com

Puget Sound Speech and Therapy (360)303-2486 Anacortes

Life Without Limits OTR/L Oak Harbor-Log Cabin Building (360)675-6000 Sharon Andor

WA Elks Therapy Program for Children OT/PT(800)825-3557 All Island

Stanwood Camano Physical Therapy PT (360) 629-8043 Stanwood

North Sound Physical Therapy Stanwood (360)629-9768

Saratoga Transitional Rehabilitation www.saragtogarehab.org (360)629-2126

Awareness Healing SLP (360)631-3459 Camano Island

Hope Therapeutic Riding Program (360) 221-7656 hope@whidbey.com Langley

www.hope-whidbey.org/our_work.htm HOPE has been to empower children and adults facing special challenges – whether physical, cognitive or emotional - to discover their abilities, independent skills and explore their potential through use of our nationally accredited safe and effective equine-assisted activities and therapy (EAAT).

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Medical Home

What is a medical home? Why is it important? Medical Home in a nutshell is your primary care provider or the specialist that you are seeing the most. You decide or talk to your team about where you would consider your medical home. The definition of the medical home has evolved to reflect changing needs and perspectives in health care. The modern medical home expands upon its original foundation, becoming a home base for any child's medical and non-medical care. Today's medical home is a cultivated partnership between the patient, family, and primary provider in cooperation with specialists and support from the community. The patient/family is the focal point of this model, and the medical home is built around this center. Another key factor is that the focus of the medical home has shifted to include all children and adults, not just children with special health care needs.

U.S. Department of Health and Human Services

<https://www.hrsa.gov/healthit/toolbox/Childrenstoolbox/BuildingMedicalHome/whyimportant.html>

Washington State Medical Home Partnership Project

<http://medicalhome.org/>

Offering information, tools, and resources that support a medical home for children and youth with special health care needs and their families. For families, physicians, and other providers.

Washington Connection <https://www.washingtonconnection.org/home/>

Offers you a way to find and apply for a variety of services and assistance offered in Washington State online.

Adaptive/Home Equipment

Summit Assistance Dogs (360)293-5609 Oak Harbor

info@summitdogs.org

Organization that creates life-changing partnerships by providing highly-skilled mobility-assistance dogs for people living with disabilities, giving them increased independence and renewed confidence.

Island Drug Oak Harbor (360)675-6688 Clinton (360)341-3880

<http://islanddrug.com/medical.aspx>

We are Contracted Medical Equipment

Whidbey Home Medical 360)679-7927 Oak Harbor

Lions Club Wheel Chair Warehouse

<http://www.bellinghamcentrallions.org/al-boe-wheelchair-warehouse/>

WCW loans durable medical equipment to folk in Northwest Washington. It is a free service, though they gladly accept donations. Equipment loaned includes low vision aids, wheelchairs, power chairs, walkers, crutches, canes, and bed side and bathroom helpers of all kinds.

Island Senior Resources (360)321-1600 They have a lending closet with many adaptive equipment items. For seniors and adults ages 18 and up with disabilities.

Vision - Hearing

Washington Sensory Disabilities Services (WSDS) (800)572-7000 <http://www.wsdsonline.org/deaf-blind/>

1. Technical Assistance and Consultation and trainings - Assess how the child is currently functioning and if there are classroom or home modifications that could help. Develop IFSP outcomes or IEP goals and activities that are meaningful to the student. Locate staff resources or materials. Start planning for life after high school.
2. Training - Trainings throughout the year on topics relating to children and youths with deaf-blindness.

National Federation of the Blind <https://nfb.org/>

Advocacy, education, research, technology, and programs encouraging independence and self-confidence. Information about vision loss. Resources for Living, Working, Learning and Recreation

Department of Services for the Blind (800)552-7103 <https://dsb.wa.gov/>

Northwest Braille Services <http://www.healthsupportcenter.org/nwbs/> Ferndale, WA 98248 (360) 384-6494

Northwest Braille Services is a nonprofit organization, whose purpose is to provide Braille materials, education, and information to individuals, groups, and/or agencies. • Braille Transcription • Braille Book Loan • Braille Information Workshops (local) • Braille Transcriber Training • Resource Referral Service

Washington State Hands & Voices <http://www.wahandsandvoices.org/> A parent-driven nonprofit organization providing families whose children are deaf, deaf/blind or hard of hearing with resources, networks, and information needed to improve communication and educational outcomes for their children. **Guide by Your Side** Guide By Your Side Program Provides: A Parent Guide to listen and share resources. Unbiased Support. Compassion and knowledge from parents who have a child with hearing loss. (425)268-7087

Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI)

www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/EarlyHearingLoss

The Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI) Program follows the 1-3-6 goals, to ensure that infants in Washington are: 1 – Screened for hearing loss before hospital discharge or by one month of age 3 – Have a diagnostic hearing evaluation by an audiologist by three months of age (if the infant did not pass two screens) 6 – Enrolled in early intervention by six months of age (if a hearing loss was found)

National Center for Hearing Assessment and Management

<http://www.infanthearing.org/familysupport/index.html>

Family support is an essential component of an effective EHDI system. EHDI coordinators and other stakeholders, such as the medical home and audiologists.

Washington School for the Deaf (360)696-6525 <https://www.wsd.wa.gov/>

Hearing Loss Association of Washington <https://hearingloss-wa.org/> email: info@hearingloss-wa.org

Speech to Speech (877)833-6341 <http://www.speechtospeech.org/>

This service, called Speech-to-Speech (STS), provides communication assistants (CA's) for people with difficulty being understood by the public on the telephone. It is available for business, medical, and personal communication.

Hearing Care Professionals Freeland (360)331-1415 Oak Harbor (360)279-1229 Stanwood (360)629-6554 Coupeville (360)678-1423

Nutrition (WIC)

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a preventive health and nutrition program that provides short term assistance to young families to promote optimal growth and development services. Call to set up an appointment

Oak Harbor/ North Whidbey - Oak Harbor	(360)240-5554
Langley/South Whidbey-Langley	(360)221-8880
Camano Island 127 NE Camano Drive	(360)387-0184
NASWI - WIC office 260 W Pioneer Way #13	(360)679-8049

Oral Health

Access to Baby and Child Dentistry

www.abcd-dental.org/

A dental program for children birth to age 5 with Apple Health for Kids (DSHS) that helps kids get early dental care. Island County contact: Public Health

(360)240-5554xt22

carolinel@co.island.wa.us

Sea Mar Community Health Centers

http://www.seamar.org/county.php?xestado=56&xcondado=11&xcondado_n=Island

Community-based organization committed to providing quality, comprehensive health and human services in Washington State. Dental

(360)679-9216

DECOD (Dental Care of Individuals with Disabilities) (206)616-6105

University of WA School of Dentistry's web-based registry helps locate dental resources for person with dental needs and physical, mental, medical or other disabilities. <https://dental.washington.edu/patient/>

Oral Health for People with Special Needs

<http://www.doh.wa.gov/YouandYourFamily/OralHealth/PeoplewithSpecialNeeds>

• Educational Materials: Oral Health Promotions Cards and Brochures for Children and Youth with Special Needs oral health resources. Brochures are designed to be used with patients to discuss good oral health habits. • Oral Health Fact Sheets for People with Special Needs. Fact sheets are for mild to moderate manifestations of a number of special needs conditions.

Behavioral Health

(Formally known as Mental Health)

Mental Health Crisis Line (available 24 hours) (800)584-3578

National Suicide Prevention Lifeline (800)273-8255

Island County Outreach Behavior Health (360)678-2346

Access Line for Medicaid Outpatient Services (888)693-7200

Texting Crisis Line Text #741741

Trevor Project LGBTQ (866)488-7386 Text #678-678

Washington's Mental Health Referral Service for Children and Teens Families (833)303-5437

Monday through Friday from 8 a.m. to 5 p.m. for a referral specialist and information.

<https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens/>

Washington Listens <https://www.walistens.org/> (800)681-0211

Provides no-clinical support to people who feel sad, anxious, stressed due to COVID19. WA Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help guide you to the connections within your county.

National Alliance on Mental Health (NAMI) <http://www.nami.org/> NAMI Skagit www.namiskagit.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need. **NAMI Support Groups:** Mt. Vernon (360)770-5666 Anacortes (360)424-8224 Camano (360)941-0996 or 360-420-7422

Mental Health Ombudsman (888)336-6164

North Sound Mental Health Administration (NSMHA) (360)416-7013

Helpful Websites

National Institute of Mental Health www.nimh.nih.gov

NAMI-Navigating a Mental Health Crisis <https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

- **Substance Abuse Mental Health Services Administration** <https://www.samhsa.gov/>

APA American Psychological Association <http://www.apa.org/>

- **The Balanced Mind** http://www.dbsalliance.org/site/PageServer?pagename=bmpn_landing
Parent Network – a program of Depression and Bipolar Support Alliance

Inpatient/Outpatient Behavior Health Services

Island County Stabilization Center Oak Harbor

Voluntary sub-acute detox short-term residential facility for people experiencing substance use issues and/or mental health crisis. <https://www.islandcountywa.gov/Humanservices/Pages/Stabilization-Center.aspx>

Skagit Valley Hospital (acute voluntary/involuntary treatment) (360)814-2422

Smokey Point Behavior Hospital (inpatient/outpatient) (800)655-9823
<https://smokeypointbehavioralhospital.com/>

Island County Outreach Behavioral Health (360)678-2346

Seattle Children's Psychiatry and Behavioral Medicine (206)987-2164
www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/

For a comprehensive list of individual therapist/counselors in Island County
<https://www.psychologytoday.com/us/therapists/wa/island-county>

Compass Health OH (360)682-4100 Coupeville (360)678-5555 www.compasshealth.org Medicaid only
Pre-Admission Screening and Resident Review (PASRR), Children's Intensive Outpatient Treatment (WiSe/Wraparound), Group Therapy – Adults, Psychiatric Services, Involuntary Treatment Act Services, Older Adult Services, Child and Family Outpatient Services, Adult Outpatient Services

Sea Mar Community Health Centers Medicaid only (360) 679-7676
<http://www.seamar.org/island-bh-oakharbor.html>

Sunrise Community Behavioral Health Medicaid only (360) 544-3800

Counseling Connections Julie Davies, PhD OH (206)718-0906

Whidbey Island Therapy Center Freeland (360)969-9722

Island County Early Childhood Parent Support (360)240-5517

Island Hospital Psychiatry and Behavioral Health Anacortes (360)299-4297

Substance Use

Island County Opioid Outreach Services (360)499-5552

Washington Recovery Help Line (800)789-1511

24 Hour Crisis Line (800)584-3578

Substance Abuse Mental Health Services Admin www.samhsa.gov/

Addiction Guide <https://www.addictionguide.com/> (877)722-2906

Housing

Island County Housing Support Center

(360)678-8284

Are you homeless or at risk of becoming homeless? We offer Assessments & Referrals to Housing Programs. Housing interest List with light touch case management. Walk in for an assessment.-105 NE 1st Street, Coupeville. 9am-4pm

Opportunity Council – (360)679-6577 or (800)317-5427 for housing crisis. <http://www.oppc.org/>

Broad scope of services that range from helping people in crisis with immediate needs to addressing long-term systemic change Community Resource Centers: Connects people with community resources to help meet basic needs such as food and housing; including requests for emergency shelter, rental assistance, referrals for affordable housing and problem solving help with landlord/tenant issues • Food and Nutrition: Information about nutrition, and local food resources • Home and Energy programs include Conservation*Education, the Energy Assistance, Home Repair, Lead Hazard Reduction, and Weatherization.

Housing Authority

(360)678-4181

Primary resource for senior citizens (62 or older) and persons with disabilities (minimum age 18). This housing is not assisted living, and does not have any supportive services.

Transportation

Island Transit and Paratransit Whidbey (360)678-7771 (800)240-8747 Camano (360)387-7433

Specialized Transportation provides curb-to-curb transportation to people who are unable to ride fixed route buses due to a mental or physical disability. Everyone who rides Specialized Transportation must first apply for eligibility. Eligibility requirements have been established by the Americans with Disabilities Act (ADA). Train the Rider program is available to those that might need a little extra help navigating the system.

Medicaid Transportation—Northwest Regional Council <http://www.nwrcwa.org/medicaid-transportation/> (800) 860-6812 or (800) 585-6749 (in other counties and Point Roberts)

Island Senior Resources of Island County (360)321-1600 <https://senior-resources.org/>

Offer volunteer drivers for adults with disabilities ages 18 and up and seniors

Volunteer Medical Transportation Camano (360)387-0222 Coupeville and Langley (360)678-4886

Skagit Transit (877)584-7528 **Community Transit** (800)562-1375

Assistive Technology

Washington Relay

(877)501-2233

<https://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services>

Free service that provides full telephone accessibility to people who are deaf, hearing, hard of hearing, deaf-blind, late – deafened, or have a speech disability. Allows text-telephone (TTY) or captioned telephone users through specially trained relay operators. Calls can be made anywhere in the world, 24 hours a day with no restrictions on the number of calls, length or type of calls. Long distance rates apply.

Center on Technology and Disability <https://www.ctdinstitute.org/>

Assistive and instructional technology (AT/IT) allows children across the ability spectrum to participate fully at home, in school, and in the community. The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more. Whether you're brand new to assistive technology or an experienced user wanting to remain on the leading edge, CTD has high-quality, research-based materials and events for you!

Western WA University-The Ershig Assistive Technology Resource

<https://wce.wvu.edu/e-atrc/ershig-assistive-technology-resource-center> Contains a collection of over 300 assistive technology (AT) items, equipment and products, with a focus on tech supports for students with diverse learning needs in preschool through grade 12 **(360)650-2783**

Washington Assistive Technology Act Program (WATAP)

(800)214-8731

Technology resources for employment, education and independent living.

Washington Sensory Disabilities Services (WSDS)

(800)572-7000

Provides information, training, technical assistance and resources to families and educators (statewide) for individuals age birth to 21 with sensory disabilities.

Enabling Devices

(800)832-8697

Develops, manufactures and sells special devices to help people with disabilities reach their full potential

IEP Checklist App – Parents Educational Advocacy Training Center

<http://www.peatc.org/peatc.cgm?template=IEPChecklistiPhone>

The Parent Educational Advocacy Training Center (PEATC) produces the IEP Checklist iPhone app. The IEP is an Individualized Education Program designed to support the educational needs of school aged students with disabilities. The IEP Checklist App helps parents of students with special needs become better-informed advocates by making IEP information easier to access. The IEP app is offered free of charge.

Accessibility

Island County Accessibility Community Committees

(360)632-7539 Join us as we brain storm ideas to

make our communities more accessible for all. Camano Island and Whidbey Island each have a committee but work together on the projects. We brainstorm, draft a proposal and seek funding from the Governor's Accessibility Committee. We have been very successful with 3 projects proposed and approved.

US Department of Justice **(800)514-0301** www.ada.gov

Provides information and technical assistance on the Americans with Disabilities Act (ADA)

WA State Parks **(888)226-7688** www.parks.wa.gov Provides information about state parks and accessible outdoor recreation. An accessible Pass is good for 50% off on nightly camping, free watercraft launching and trailer dump.

Family Support

Parent to Parent of Island County (P2P) (360)632-7539

<https://www.islandcountywa.gov/Humanservices/Pages/ddp.aspx>

Emotional support and information to families of children with developmental disabilities, delays, and ongoing health care needs. Trained Helping Parents who parenting experiences match yours as closely as possible. *See Padres a Padres

- Emotional support for parents of children with disabilities and chronic illnesses.
- Information and referrals to community resources.
- Trained Helping Parents whose parenting experiences match yours as closely as possible.
- Social and recreational events.
- Current information on disabilities, medical conditions and community resources.

Island County Parent to Parent: Tiffany Wheeler-Thompson, Coordinator call/text (360)632-7539

Email: t.wheeler-thompson@islandcountywa.gov

Children and Youth Special Health Care Needs Nurse: Whidbey (360)678-7940 Camano (360)629-4522 xt7940

Information for families and professionals focusing on children with special healthcare needs who have chronic physical, developmental, behavioral or emotional conditions. They provide: Information and resources, Program evaluation and needs assessment, Health education and training, Finding support and making connections

<https://www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/ChildrenwithSpecialHealthCareNeeds>

Support/Social/Advocacy Groups

**Most of these support groups have a Facebook Page as well. Island County Parent to Parent, PAMI and WA Father's Network. Great resources, information and support offered on these pages.

Coffee & Conversations

(360)632-7539

Virtual Daytime and nighttime options for casual get together. Meet other families in our community, ask questions or get a break from the hustle and bustle. To RSVP send email to t.wheeler-thompson@islandcountwa.gov for Zoom Link.

Whidbey Functioning Autism Social Group WFASG

(360)221-7785

Meets for resources, support and social events for families with high functioning Autism and Asperger's, teens to adults.

NAS Whidbey Island: Exceptional Family Member Program EFMP

(360)527-5266

Resource, information and support group for military families

Padre Apoyando Motivando Informando PAMI

(787)529-6788

Spanish Support Group. Meets 1st Tuesday of the month. pamiespanol@gmail.com

People First of Washington:

pmmdfm@cablespeed.com

(360)720-4918

Support and advocacy for adults with disabilities that meets monthly for support, advocacy skills and social events.

Heritage Adventurers

Sue (360)321-5748

Social group for adults 18 and up that want to go on adventures, events and activities.

Flying Fingers Deaf & Hard of Hearing Social Meets the 1st Friday of the month in Langley. Susan (360)221-0383

Washington Father's Network: <https://fathersnetwork.org/>

Mike Etzell (360)678-7883

Information & resources for fathers raising a child with special needs.

Family Caregivers Support Program Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

Caregiver/Kinship Support

Kinship Caregiver Services (part of Northwest Regional Council) www.nwrcwa.org/kinship-caregiver-services/
(800) 317-5427 or (360) 676-6577

Grandparents and other family members raising a relative's child are known as Kinship Caregivers. Kinship Caregivers are often unaware of available support. Kinship Navigators connect Caregivers with community resources, including healthcare, financial and legal services, support groups and emergency funds. Almost all Kinship Care families qualify for some benefits. Kinship Navigators provide crucial links between Kinship Caregivers and these services, to help create healthier environments and keep children out of the child welfare system. AARP GrandFacts: State fact sheets for grandparents and other relatives raising children <http://www.aarp.org/relationships/friends-family/grandfacts-sheets/>

Washington State Department of Social and Health Services Kinship Care <https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care> The financial, legal, and emotional issues of raising a relative's child can be challenging. Services and support when raising a relative's child can be a lifesaver. Getting answers to questions and finding services, programs, and support can be confusing and overwhelming. We are here to help.

- Benefit Finder • Children with Special Health Care Needs • Health Resources: Food Assistance, Summer Meals Program, Family Health Hotline, Health Insurance Program, Additional Resources

A great "Resource Guide for Relatives as Parents"

<https://www.dshs.wa.gov/sites/default/files/SESA/publications/documents/22-996.pdf>

The Sibling Support Project <https://www.siblingsupport.org/>

The Sibling Support Project is a national program dedicated to the life-long concerns of brothers and sisters of people with special health, developmental, and mental health concerns.

Family Caregivers Support Program Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

Children and Youth with Special Health Care Needs <http://cshcn.org/>

Island County Children with Special Health Care Needs Nurse

Whidbey Island (360)678-7940 Camano (360)629-4522 xt7940

A program of Seattle Children's Hospital. Information for families and professionals focusing on children with special healthcare needs who have chronic physical, developmental, behavioral or emotional conditions. They provide: Information and resources, Program evaluation and needs assessment, Health education and training, Finding support and making connections.

<https://www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/ChildrenwithSpecialHealthCareNeeds>

Respite Care/Child Care

Home Care Referral Registry of Washington State

(360)707-2368 Island Co

The Home Care Referral Registry is customized internet-based system operated by local registry offices across Washington State. It is designed to assist seniors, individuals with developmental disabilities, their families and representatives to find pre-screened home care workers that best meet their personal and respite care needs.

ResCare HomeCare

(360)240-0044 Oak Harbor (360)331-7441 S Whidbey

Respite care offers family caregivers temporary relief from care for Individuals with various needs.

All Heart Agency **(360)969-3553**

Provides quality support services for people with developmental disabilities.

Visiting Angels

(888)264-3528

We assist people in Whatcom, Skagit, Island, San Juana and Snohomish County. We are a non-medical franchise agency and not a nursing agency. It is our job to assist people.

A Better Solution –In Home Care

Camano (866)669-4510

Home Care Agency– Sunrise Services

Oak Harbor (360)336-0798

Keeping independence and the comforts of home a reality

Exceptional Family Members (EFMP) Respite Care

(800)424-2246

What is Navy EFMP Respite Care? This program is a partnership specifically designed for EFM families identified as Category IV or V. EFMP Respite Care will help Navy families with children with special needs by providing 40 hours of respite care a month so they can leave the house, go to an appointment or just rest, knowing your child is well cared for. For Navy Active Duty and Reserve on Active Duty, children must reside with the service member.

Childcare Subsidy Program

(877)501-2233

The Working Connections Child Care program pays for child care subsidies to eligible households with parents who are working or are participating in a DSHS approved work activity and whose children meet citizenship requirements.

Child Care Aware of NW Washington

(360)734-8396 xt 227 or (888)444-1862 xt 227

Child Care Aware of NW Washington is a community services that works with parents/families, early childhood educators, businesses and community organizations to help promote the availability of high quality early care and education programs in Island County.

Child Care Action Council

<http://www.ccacwa.org/>

(800)446-1114

Various Family Resources

Within Reach / Parent Help 123

(800) 322-2588

Help Me Grow, ParentHelp123 www.parenthelp123.org

Within Reach provides free developmental screening, connections to early learning and family support services, referrals to early intervention for developmental delays, and family support in English and Spanish to families across Washington.

Washington Connections <https://www.washingtonconnection.org/home/>

Offers a fast and easy way for families and individuals to apply for a variety of services such as food. Cash, Childcare, Long Term Care and Medical Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance.

Washington Listens <https://www.walistsens.org/>

(800)681-0211

Provides no-clinical support to people who feel sad, anxious, stressed due to COVID19. WA Listens is free and anonymous.

Community Resource Center of Stanwood & Camano Island www.crc-sc.org/

(360)629-5257

Assistance with food vouchers, assistance to avoid homelessness, financial utility assistance and vehicle/fuel assistance.

Readiness to Learn <http://www.readinesstolearn.org/>

(360)221-0484

Readiness To Learn is a non-profit organization that works in partnership with schools, communities and families. Our goal is to help each child reach their potential regardless of their circumstances. Readiness To Learn is your one stop shop when you need information, encouragement or support. We can help.

Open Doors for Multicultural Families

(253) 216-4479

Arabic, Mandarin, Cantonese, Korean, Russian, Somali, Spanish and Vietnamese Ensuring families with family members with developmental/intellectual disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

Center on Human Development and Disability

(206)543-7701

<https://depts.washington.edu/chdd/> University of Washington

The Center on Human Development and Disability (CHDD) is one of the nation's largest and most comprehensive interdisciplinary service, research, and training centers focusing on children and adults at risk for or who have established developmental disabilities.

Ed Wiley Autism Acceptance Lending Library Stanwood

(425)791-0869

WA State Long Term Care Ombudsman

(800)562-6028

Senior Aging and Disability Resource

Camano (360)387-6201

So. Whidbey (360)221-1600 No Whidbey (360)675-0311

Opportunity Council

(800)317-5427

The Family Helpline

(800)932-4673

Call this number from anywhere in Washington and access the online resource database anytime 24/7 for parenting information, family support, referrals to community classes, services and resources.

CADA—Citizens Against Domestic and Sexual Abuse

(360)675-7057

Island County Emergency Preparedness Phone app and website

<https://www.islandcountywa.gov/DEM/Pages/Home.aspx>

Helpful Websites/Facebook Pages

- ◇ Informing Families www.informingfamilies.org (FB)
- ◇ ARC Of Washington and Parent to Parent www.arcwa.org (FB)
- ◇ Island County Parent to Parent www.islandcountywa.gov/humanservices/pages/parent-to-parent.aspx (FB)
- ◇ ARC of Snohomish County www.arcsno.org (FB)
- ◇ ARC of Whatcom County www.arcwhatcom.org (FB)
- ◇ Disability Support with DSHS <https://www.dshs.wa.gov/disability-support>
- ◇ Washington Autism Alliance and Advocacy www.washingtonautismalliance.org (FB)
- ◇ Senior Services of Island County www.senior-resources.org (FB)
- ◇ Washington PAVE www.wapave.org (800)5PARENT (FB)
- ◇ WA State Father's Network www.fathersnetwork.org (FB)
- ◇ Understood— Learning Disabilities www.understood.org (FB)
- ◇ Open Doors for Multicultural Families (253) 216-4479 Arabic, Mandarin, Cantonese, Korean, Russian, Somali, Spanish and Vietnamese (FB)
- ◇ Center on Human Development and Disability/Center for Excellence in Developmental Disabilities 206)543-7701
<https://depts.washington.edu/chdd/> UW
- ◇ Ed Wiley Autism Acceptance Lending Library Stanwood (425)791-0869
- ◇ WA State Long Term Care Ombudsman (800)562-6028
- ◇ Senior Aging and Disability Resource So. Whidbey (360)221-1600 No Whidbey (360)675-0311 Camano (360)387-6201
- ◇ Opportunity Council (800)317-5427
- ◇ The Family Helpline (800)932-4673 Call this number from anywhere in Washington and access the online resource database anytime 24/7 for parenting information, family support, referrals to community classes, services and resources.
- ◇ CADA—Citizens Against Domestic and Sexual Abuse (360)675-7057
- ◇ Island County Emergency Preparedness Phone app and website <https://www.islandcountywa.gov/DEM/Pages/Home.aspx>
- ◇ NAMI —National Alliance Mental Illness in WA <https://www.namiwa.org/> (FB)
- ◇ Whidbey Island Macaroni Kid Activities/events on Whidbey <https://whidbeyisland.macaronikid.com/> (FB)
- ◇ Learning Disability Association of Washington www.ldawa.org/resources/
- ◇ Disability Rights of Washington www.disabilityrightswa.org

(FB) indicates Facebook page

Recreation

Special Olympics of Washington <http://specialolympicswashington.org/>

Olympics programs for children and adults with intellectual disabilities who love sports and want the challenge of competing with their peers. The programs run year round offering competition in several sports. The goal is to provide a physical fitness with an emphasis on sportsmanship, friendships, and FUN!

South Whidbey Coordinator –Mike Etzell (360)678-7883 mikeet@islandcountywa.gov (Basketball)

North Whidbey Coordinator – Chris Becker (360)320-2549 wispecialolympics@gmail.com (Bowling, Basketball, Track, Cycling, Bocce Ball, Soccer Skills)

Challenger Division Baseball: Through North Whidbey Little League but waivers available for south end families.

Ages 5-18 experience the joys of baseball. Learn the fundamentals at your own pace.

Art as a Way

Carol Way Art Therapist (360)730-1135

Art classes and Workshops. Teaching life skills through art. DDA respite funds accepted. carol@artasaway.org

Senior Centers and Camano Center (360)387-0222

Offers support, resources and a variety of classes and events throughout the year.. [Camano \(360\)387-0222](tel:3603870222) [Anacortes \(360\)293-7473](tel:3602937473) OH [\(360\)279-4580](tel:3602794580) South Whidbey [\(360\)321-1600](tel:3603211600)

The **Time Together Adult Day Program** is for adults and seniors who are isolated or have cognitive or physical disabilities. Participants enjoy a social, fun, engaging program that is designed for everyone to experience “successful moments” in a comfortable and safe environment. All staff and volunteers are trained in Positive Approach to Care.

Sensory Splash at Oak Harbor Pool (360)675-7665

Sensory Splash is a swim time dedicated to community members with special needs and their families. Sundays 11:15am-12:15pm. Special admission price \$3 per person

Hope Therapeutic Riding Program (360) 221-7656

<http://www.hope-whidbey.org/>

Physical, cognitive or emotional - to discover their abilities, independent skills and explore their potential through use of our nationally accredited safe and effective equine-assisted activities and therapy.

South Whidbey Parks and Recreation District

(360)221-5484

Offers a variety of sports, events and activities throughout the year

Washington State Park Discover Pass

<http://www.discoverpass.wa.gov/131/Exemptions>

Disability placards or license plates- The Department of Licensing issues Washington state disability permits and license plates, and holders of these are exempt from needing the Discover Pass on State Parks lands. Holders of these permits and plates will need the Discover Pass to access lands managed by WDFW and DNR. Free WA State Park Days offered throughout the year.

ADA Access: Accessing Washington’s Outdoors for Persons with Disabilities

www.wdfw.wa.gov/accessibility/ Washington State is recognized for its wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statutes, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. **Trustland Trails located in South Whidbey near the intersection of Hwy 525 & Craw Rd**

Fishing Licenses www.fishhunt.dfw.wa.gov/wdfw/disability_apps.html

The following are eligible for a combination fishing license (fresh water, salt water, and shellfish) and/or hunting license at a discounted rate. Resident who permanently uses a wheelchair as certified by the doctor, blind or visually impaired, developmental disability as determined by DSHS authority or physicians signature.

National Parks and Federal Recreational Lands Pass www.nps.gov/findapark/passes.htm

Access Pass for free admission to National Parks and Federal Recreational Lands for U. S. Citizens or permanent residents with permanent disabilities The pass may be obtained in person at a federal recreation site or through the mail using the application form at:

Skagit Adult Day Programs (360)293-4466 Anacortes Gentry House, (360)755-1235 Burlington Bradford House. A supervised daytime program where adults with special needs can participate in a supportive group setting

Outdoors for All (206)838-6030 <https://outdoorsforall.org/>

To enrich the quality of life for children and adults with disabilities through outdoor recreation

Sensory Friendly Opportunities Always call ahead to verify dates and times.

Swimming - Sensory Splash at Oak Harbor Pool: Sensory Splash is a swim time dedicated to community members with special needs and their families. Sundays: 11:15am-12:15pm Special Admission Price: \$3 per person
(360)675-7665

Movies—Sensory Friendly AMC Movies at Cascade Mall, Burlington. Family movies offered on the 2nd and 4th Saturday mornings and PG13 and up movies offered on the 2nd and 4th Tuesday nights. Sounds are turned down, lighting is slightly on. Check website or call for times and movie listings.(360)707-2727

Chuck E Cheese—Sensory Sensitive Sundays. Cascade Mall, Burlington Opens early for this opportunity. 9-11am on the 1st Sunday of the month for families with autism and other disabilities. Lights are dimmed, limited appearances by Chuck E Cheese, less crowding and noise. (360)755-1901

Morrison Gymnastics Academy, Mt. Vernon. Come run, jump and play at our special needs open gym! Mobility, stability and sensory stations will be available. 1st Saturday of the month, 1-2pm \$5 entry. (316)655-3014

Pacific Science Center, Seattle—Explorations for All. Free admission with morning or evening opportunities on the 2nd Saturday of the month. Experience our exhibits without heavy crowds when we have softened general lighting and decreased the noise level and visual stimulation on interactive exhibits wherever possible. (206)443-2001

Woodland Park Zoo Seattle. <https://www.zoo.org/access> Zoo for All! (206)548-2500
Sensory maps and planning tools available.

Point Defiance Zoo & Aquarium in Tacoma offer Free Days for seniors and people with disabilities on the 3rd Tuesday of the month. Don't forget to check out their sensory bags during your visit. (253)404-3800

The Paramount Theater, Seattle offers a Sensory Friendly performances on occasion. (206)682-1414

During the Pandemic of 2020, many of these entities have stopped offering these programs and we hope they will start up again soon.

Advocacy

Washington PAVE Voices for Empowerment <http://wapave.org/> (800)5-PARENT
PAVE is a parent directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. Email: pave@wapave.org

Washington Autism Alliance and Advocacy

<http://www.washingtonautismadvocacy.org/updates/> (425)894-7231

WAAA provides access to a supportive network of families of children on the spectrum who help find providers and school services, as well as personal support. A free online Resource Directory includes statewide Autism services of all types with personal recommendations from member families. .

Office of Developmental Disabilities Ombudsman www.DDOombuds.org (833)727-8900

Promotes the wellbeing of people receiving DDA services through resident-directed, person-centered support and complaint resolution.

Regional Parent Coalitions (No Coalition in Island County as of August 2020) Skagit County (360)519-0910 xt 225
Snohomish County (425)258-2459 xt 107

Family Voices of Washington <http://www.familyvoicesofwashington.com/>

Serves families who have children with special healthcare needs up to age 18. It provides individual info on advocating for your child in the healthcare system and refers to resources in WA state.

Legal Assistance

Northwest Justice Project (888)201-1017 www.nwjustice.org Provides free civil legal assistance and representation to low-income people in situations affecting basic human needs. Free self-help materials on website.

CLEAR Hotline (Part of the NW Justice Project) (888)201-1014

Washington's toll-free, centralized intake, advice and referral service for low income people seeking free legal advice with civil (not criminal) legal problems.

Disability Rights of Washington (DRW) (800)562-2702 www.disabilityrightswa.org

Legal services for disability rights violations, general information about legal rights www.disabilityrightswa.org

WA Law Help www.washingtonlawhelp.org Provides education, materials, tools and information for an array of legal issues, linking to programs and resources. Available in multiple languages.

Benefits Law Center <https://benefitslawcenter.org/>

Legal advocacy, physical and mental disability, DHAP & SSAP projects, Social Security, SSDI and SSI

Jones and Ibrahim www.seattledisabilitylaw.com/ (206)405-3240 Serving
people with disabilities and their families. Estate planning, guardianship, special needs trusts, probates, benefits advocacy and special education. *Frequently used for presentations for Parent to Parent

Apoyo para Familias en Español

Family Support - Latino Padres a Padres (Part of Parent to Parent)

PAMI Padres Apoyando Motivando Informando (Grupo de apoyo para familias de niños con necesidades especiales).

Laiza Ramos (787)529-6788 pamiespanol@gmail.com

la Coordinadora para la comunidad Latina (360)416-7570 (Skagit)

la Coordinadora para la comunidad Latina: (360) 255-2056 x 2 (Whatcom)

la Coordinadora para la comunidad Latina: (425)258-2459 xt 114 (Snohomish)

Los programas de apoyo de Padres a padres ofrecen apoyo emocional e información a las familias de niños con diferencias y retrasos del desarrollo o enfermedades crónicas. Toda su información se mantiene confidencial.

Servicios ofrecidos:

- Apoyo emocional para familias de niños con diferencias del desarrollo por padres/madres voluntarios.
- Actividades sociales y de recreación en nuestra comunidad - gratis.
- Visitas de/citas con la coordinadora para la comunidad hispana, individualizadas para su familia.
- Boletín de noticias y recursos en español por correo postal o correo electrónico.
- Promoción social con participación de la comunidad en la inclusión de las personas con retrasos del desarrollo.

El Centro para Niños con Necesidades Especiales <http://cshcn.org/languages/spanish>

Información y herramientas que pueden ayudarle a cuidar a su hijo(a) que padece de una condición crónica física, de desarrollo, de comportamiento o emocional.

Social Security Administration <https://www.ssa.gov/espanol/agencia/contacto/>

Developmental Disabilities <https://www.ssa.gov/espanol/agencia/contacto/>

Region 2 Spanish Case Resource Manager: (425)977-6636

Open Doors for Multicultural Families

(253) 216-4479

Arabic, Spanish, Mandarin, Cantonese, Korean, Russian, Somali and Vietnamese. Ensuring families with family members with developmental/intellectual disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

Acronyms

AAC | Alternative Augmentative Communication
ABA | Applied Behavioral Analysis
ABC | Antecedent, Behavior, Consequence
ADA | Americans with Disabilities Act
ADD/ADHD | Attention Deficit/Attention-Deficit Hyperactivity Disorder
ADLs | Activities of Daily Living
ADR | Alternative Dispute Resolution
AIM | Accessible Instructional Materials
APE | Adaptive Physical Education
ARD | Admission, Review, and Dismissal Committee
ASD | Autism Spectrum Disorders
ASL | American Sign Language
AT | Assistive Technology
ATA | Assistive Technology Act
AYP | Adequate Yearly Progress
BD | Behavioral Disorder
BIE | Bureau of Indian Education
BIP | Behavioral Intervention Plan
BOE | Board of Education
CAP | Corrective Action Plan
CAP | Client Assistance Program
CAPD | Central Auditory Processing Disorder
CBA | Curriculum Based Assessment
CC | Closed Captioning
CCSS | Common Core State Standards
CDA | Child Development Associate
CDC | Centers for Disease Control and Prevention
CEC | Council for Exceptional Children
CF | Cystic Fibrosis
CFR | [Code of Federal Regulations](#)
CHIP | [Children's Health Insurance Program](#)
CIFMS | [Continuous Improvement and Focused Monitoring System](#)
COP | Community of Practice
CP | Cerebral Palsy
CPRC | [Community Parent Resource Center](#)
CSHCN | Children with Special Health Care Needs
DB | Deaf-Blind
DD | Developmental Delay
DD Act | Developmental Disabilities Assistance and Bill of Rights Act
DIBELS | Dynamic Indicators of Basic Early Literacy
DoDDS | [Department of Defense Dependent Schools](#)
DS | Down Syndrome
DSM | *Diagnostic and Statistical Manual of Mental*

Disorders by the American Psychiatric Association
ECE | Early Childhood Education
ECSE | Early Childhood Special Education
ED | Emotional Disturbance
ED | [U.S. Department of Education](#)
EDGAR | [Education Department General Administrative Regulations](#)
EHA | Education of the Handicapped Act (now IDEA)
EHDI | [Early Hearing Detection and Intervention Program](#)
EI | Early Intervention
EIS | Early Intervening Services
ELL | English Language Learner
EMH | Educable Mentally Handicapped **
EMR | Educable Mentally Retarded **
EPSDT | [Early Periodic Screening, Diagnosis and Treatment](#)
ERIC | [Education Resources Information Center](#)
ESD | Extended School Day
ESEA | [Elementary and Secondary Education Act](#)
ESL | English as a Second Language
ESSA | [Every Student Succeeds](#)
ESY or EYS | Extended School Year or Extended Year Services
FAPE | [Free Appropriate Public Education](#)
FAS | Fetal Alcohol Syndrome
FBA | Functional Behavioral Assessment
FC | Facilitated Communication
FOG | Full Educational Opportunity Goal
FERPA | Family Educational Rights and Privacy Act
FOIA | Freedom of Information Act
GE | General Education
GPRA | Government Performance and Results Act
GT | Gifted and Talented
HI | Hearing Impaired
HO | Hearing Officer
HoH | Hard of Hearing
HOUSSE | High Objective Uniform State Standards of Evaluation
HQT | Highly Qualified Teacher
IA | Instructional Assistant
IAES | Interim Alternative Educational Setting
ID | Intellectual Disabilities
IDEA | Individuals with Disabilities Education Act

IEE | Individualized Educational Evaluation
IEP | Individualized Education Program
IES | Institute of Education Sciences
IFSP | Individualized Family Service Plan
IHE | Institution of Higher Education
ITCA | Infants and Toddlers Coordinators Association
ITP | Individualized Transition Plan
LD | Learning Disability
LEA | Local Education Agency
LEP | Limited English Proficiency
LRE | Least Restrictive Environment
MD | Muscular Dystrophy
MD or MH | Multiple Disabilities or Multiply Handicapped
MDR | Manifestation Determination Review
MOU | Memorandum of Understanding
MR | Mental Retardation**
NASDSE | National Association of State Directors of Special Education
NCLB | No Child Left Behind Act (Elementary and Secondary Education Act, reauthorized in 2015 as ESSA, Every Student Succeeds Act)
NIH | National Institutes of Health
NIMAS | National Instructional Materials Accessibility Standard
NIMH | National Institute of Mental Health
NPRM | Notice of Proposed Rule Making
OCD | Obsessive-Compulsive Disorder
OCR | Office for Civil Rights
ODD | Oppositional Defiant Disorder
OHI | Other Health Impairment
OI | Orthopedic Impairment
O & M | Orientation and Mobility Services
OSEP | Office of Special Education Programs at the U.S. Department of Education
OT | Occupational Therapy
P&A | Protection & Advocacy
PALS | Peer-Assisted Learning System
PARCC | Partnership for Assessment of Readiness for College and Careers
PASS | Plan for Achieving Self-Support
PBS | Positive Behavioral Supports
PCA | Personal Care Attendant
PD | Physical Disability
PDD | Pervasive Developmental Disorder
PEI | Spanish acronym for the Individualized Education Program (Plan Educativo Individualizado)

Perkins Act | Carl Perkins Vocational and Applied Technology Education Act
PII | Personally Identifiable Information
PLEP or PLP | Present Level of Educational Performance or Present Level of Performance
PP | Paraprofessional
PS | Preschool
PT | Physical Therapy
PTAC | Parent Technical Assistance Center
PTI | Parent Training and Information Center
RDA | Results-Driven Accountability
RFP | Request for Proposals
RS | Related Services
RTI | Response to Intervention
RTTT | Race to the Top Fund
S | This symbol means “Section” as in “§ 300.7 Child with a disability” in the IDEA regulations
SAS | Supplementary Aids and Services
SB | Spina Bifida
SCHIP | State Children’s Health Insurance Program
SE | Special Education
SEA | State Education Agency
SEAC | Special Education Advisory Committee
Section 504 | Section 504 of the Rehabilitation Act
SED | Serious Emotional Disturbance
SI | Sensory Integration
SIG | State Improvement Grant
SIMR | State-Identified Measurable Results for Children with Disabilities
SIP | State Implementation Plan
SLD | Specific Learning Disability
SLI | Speech/Language Impairment
SLP | Speech/Language Pathologist
SPOA | Specific Power of Attorney
SPP | State Performance Plan
SSDI | Social Security Disability Income
SSI | Supplemental Security Income
SSIP | State Systemic Improvement Plan
SST | Student Study Team
TA&D | Technical Assistance and Dissemination Network funded by the Office of Special Education Programs (OSEP)
TANF | Temporary Assistance to Needy Families
TBI | Traumatic Brain Injury
TDD | Telecommunication Devices for the Deaf
TS | Tourette Syndrome
T-TA | Training and Technical Assistance

TTY | Teletypewriter (phone system for the deaf)

TWWIA | Ticket to Work and Work Incentives
Improvement Act

VI | Visual Impairment

Voc Ed | Vocational Education

VR | Vocational Rehabilitation

WIC | Women, Infants and Children (Special
Supplemental Food Program)

Island County Human Services

Home to Island County Developmental Disabilities and Parent to Parent

This project was produced and distributed by Island County Human Services: Developmental Disabilities and the Parent to Parent Program.

Human Services provides the following programs:
(360)678-7880

- Outreach Mental Health
- Behavioral Health
- Early Childhood
- Prevention
- Veteran's Assistance
- Housing Assistance
- Developmental Disabilities
 Parent to Parent Program
- School Based Mental Health

Our Vision

Island County is a place where people are respected and valued and where everyone has the opportunity to participate in and contribute to their community.

Our Mission

Island County Human Services is an accessible and responsive community resource, working collaboratively to help meet essential needs of the people of Island County and to provide opportunities for our citizens to become contributing members of our community.

We Value

Working with compassion, integrity, intention and enthusiasm

Building positive community partnerships and coalitions

Treating ourselves and others with respect and dignity.

Allocate value to taxing districts, calculate levy rates and certify tax roll to Treasurer

Being good stewards of public funds

Being accountable to ourselves, one another and the public

Being respectful and honoring diversity

Encouraging a blended model of health and healing that includes mind, body, spirit, nature and community

Creating an open, respectful and fun working environment

Enjoying ourselves along the way and occasionally cutting loose

Understanding Your Medical Insurance

Navigating Your Insurance Coverage July 2013—Produced by King County

When your child has a special health care need, developmental delay or disability, it is important to understand your insurance coverage. You are encouraged to learn more about your health insurance benefits and how insurance may be used to contribute to funding your child's early intervention program. You can use the attached *Insurance Verification Worksheet* with more detailed tips to gather this information to share on with your Family Resources Coordinator (FRC) and Early Intervention Team.

Learn About Your Plan

Learning about your coverage will help you make the best decisions to meet your child's needs. Your insurance plan has a Summary Plan Description, a document that summarizes your coverage and provides some guidance on how to find providers who accept your insurance and/or are in your network. Depending on your employer and the insurance provider, this may be a paper document or information you can read online. To find the information about your plan contact your employer's human relations department or the member service information on your insurance card.

General Questions to ask about Your Plan

Beyond the basics of learning what your plan covers, it is important to learn about the rules required for coverage:

- Does your plan require a referral from your doctor or other service provider to see a specialist?
- Does your plan require a referral to see a specific therapist/program who provides early intervention services (i.e., Physical Therapist, Occupational Therapist, Speech Therapist, Nutritionist)
- How do you obtain a referral? Office visit? Notice in advance? Other?
- How many therapy visits does my plan cover in a year? Does the referral require renewal? Can you get approval for more visits over the phone or do you need to schedule another visit with the primary care doctor?
- What appointments, test and procedures require pre-authorization? Can the doctor obtain the pre-authorization or do you need to contact your health plan directly?
- Are you required to use only providers who have agreed to be covered by the plan (in network providers)?
- If you can also see doctors or other medical service providers who are not part of your plan (out of network coverage), what rules does the plan have for seeing these doctors or other service providers? What will it cost you to use an out of network provider?
- Can you see a doctor or other service provider who is not in your plan's network in an emergency or when traveling? If so, what will the cost be to you?

Medically Necessary

Even if you know what benefits your health plan will cover and how the billing works, you may still have problems with getting your child's early intervention services covered. "Medically necessary" is the term that insurance companies use to determine the medical need for a particular treatment or procedure. This definition is used as a determining factor of payment for treatment and procedures your child may need. 2

You should always look for your plan's definition of medical necessity; any definition of medical necessity has room for interpretation. If you need to prove medical necessity, a letter can be written by your Primary Care Provider, or other medical provider requesting the service.

Appealing a Denial

If your health plan has not paid for a service or will not agree in advance to a service, then you have the option of appealing the health plan's decision. While your FRC or service provider may be able to work with you and your health

plan to get information on why the insurance is not paying for the service, you are responsible to initiate an appeal. The information on the appeals process for your health plan is in the Evidence of Coverage. The process for a Health plan appeal will vary from health plan to health plan so you should familiarize yourself with the process at the same time you are reviewing your coverage. Your plan's Explanation of Benefits (EOB) form will tell you if a service is covered or not. Your health plan does not have to cover all services for your child and you should first check the Evidence of Coverage booklet to make sure your plan covers the denied service. In general the following steps can be taken:

- If you believe the service has been denied in error, you can contact your plan by phone to discuss your EOB. This is an informal review process. Make sure you get in writing any outcome from an informal review as you cannot appeal a phone call.
 - Keep a record of every phone call to your plan with the name of the person you talked to and notes of the conversation. If the health plan representative will get back to you with information, make sure you find out when you can reasonably expect a reply and follow up with the health plan if you have not heard back.
- If your customer service representative says your plan will not cover a service, you can still submit a claim for coverage. You will need the written denial if you want to proceed to a formal appeal.
 - If you decide to file a formal appeal, it must be in writing.
- Your health plan may have an appeal form.
- If not, the Evidence of Coverage will describe the appeal process.
- Always keep a copy of your written appeal.
- Expect to provide the following information in an appeal
 - Your name, address, and telephone number
 - Your member identification number or Social Security number
 - Copies of the Explanation of Benefits (EOB) forms and your provider's name and billing form
 - Description of the service or procedure you want covered
 - Information supporting why the service should be covered

You may have to file your appeal within a specified period of time. Appeals filed outside the allowed time period will not be considered by the health plan. In some cases the plan may have a special procedure for urgent cases.

For more information on Insurance regulations in Washington State Call the Insurance Consumer Hotline at 1-800-562-6900.

For more information on health care financing for children who have a special health care need, developmental delay or disability call Family Voices of Washington State at 1-800-5-PARENT. 3

Certification Worksheet

Child's Name: _____ Parent Name: _____

Child's DOB: _____ Child's Diagnosis: _____

Referring Physician: _____

Insurance Information: *Please phone your Insurance Company and fill out this form the best you can. This is very helpful information if you are unfamiliar with your coverage.*

Name of Insurance: _____

Phone: _____

Claim Address: _____

Insured's Name: _____ ID #: _____

Plan/Group #: _____ Effective Date of Policy: _____

When you call be sure to write down the name of the person that you talk to for later reference.

Contact Person: _____ Date, Time of call: _____

Say, "I'm calling to clarify my benefits and coverage for neurodevelopment benefits." (They will ask for your member ID #) Ask enough questions to complete all of the information. Incomplete information will require another phone call.

Is my therapist/EI Program, _____, on the Participating Provider List?

If your therapist/EI Program of choice is NOT in their network, then ask these questions:

"Does my policy allow me to choose my own therapist?" _____

"Can I go outside of my network or the provider list?" (If so, "Is my coverage different, and what difference? Will I be billed for the difference?")

Then ask: "What is my":

Co-pay: _____ % or \$ _____ / session.

Is the co-pay or coinsurance per day or per therapy? _____ For example, if your child see OT and Speech and you have a \$15 co-pay, do you owe \$15 per therapy which totals \$30 or only \$15 per day regardless of how many therapies you see.

Deductible? ___ No ___ Yes Amount of Deductible

\$ _____ / family or individual?

Deductible per Calendar Year? ___ Yes ___

No Month deductible begins: _____

Has any Deductible been met for this year? No Yes If yes, how much? _____

What are the dates for my benefit year _____ to _____

What is my maximum out of pocket expenses? _____

What is my lifetime maximum? \$ _____

How much has been met to date? \$ _____

Is the lifetime maximum per family or per person? _____ 4 t
therapy (ask about all therapies –Occupational Therapy (OT), Physical Therapy (PT), and Speech Therapy – even if your
child only needs one so you do not have to call again in the future)? _____ visits for OT, _____ for PT,
_____ for Speech

Any benefits used to date? ____ Yes ____ No If yes, explain: _____

Is Pre-authorization from my Primary Care Provider needed? ____ Yes ____ No

Is pre-authorization from my Primary Care Provider required for specific services such as OT, PT and Speech? ____ Yes
____ No

Is a prescription from my Primary Care Provider needed? ____ Yes ____ No

Is a prescription from my Primary Care Provider required for special services such as OT, PT and Speech? ____ Yes
____ No

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Local County Developmental Disabilities Programs (Skagit, Snohomish, etc.) offer resource guides as well. For basic resources, not necessarily disability related, Within Reach, also known as Parent Help 123 or Help Me Grow, is very helpful. (800)322-2588 www.parenthelp123.org

The Arc of Washington is the Sponsor for the Parent to Parent Program. Parent to Parent (P2P) Programs provide support, resources and information for families of children with developmental disabilities or healthcare needs. Tiffany Wheeler-Thompson is your Island County Parent to Parent Coordinator. Questions or to get on our newsletter list, call/text (360)632-7539 or email t.wheeler-thompson@islandcountywa.gov

Online (printable) version of this guide available on Island County Human Services-Parent to Parent website. <https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

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Want to Stay Up-To-Date on Events, Articles, Research?

Sign up for our Monthly Newsletter and/or our Facebook Page.  Our Facebook page is updated almost daily with articles, events and tips on raising a child with special needs or supporting an adult with special needs.

www.facebook.com/islandcountyparent2parent

Tiffany Wheeler-Thompson, Parent to Parent Coordinator

(360)632-7539 (call/text) Email: t.wheeler-thompson@islandcountywa.gov

Resources for families with Special Needs in Island County. Sponsored by Island County Human Services, Island

County Developmental Disabilities and Island County Parent to Parent Program. **Updated January 2021**

Mission Statement

Parent to Parent Programs offer emotional support and information about disabilities and community resources to parents who have a child with a disability or special health care need. We utilize trained veteran parents called “Helping Parents” who provide one-on-one support to newly diagnosed parents who have a child with similar needs.

Parent to Parent Services

No Cost Services: · Support · Resources · Monthly Newsletters · Support/Social Monthly Meetings · Educational Workshops · Social/Recreational Events · Presentations in our Community